

# HALIFAX metro®



## Woman faces new pimping charges

Halifax police say they've found two more teenage victims forced into underage prostitution

PAGE 4

## It's still good to be Bad for Aaron Paul

The Breaking Bad star takes some sweet rides for a spin as an action-fuelled anti-hero in Need for Speed

PAGE 14

## WHO'S THE RICHIE RICH-EST OF THEM ALL?

THIS GUY! SEE WHO ELSE MADE THE LIST OF THE WORLD'S RICHEST PEOPLE

PAGE 12



## THIS ONE'S FOR LORETTA

Natteal Battiste, the aboriginal student advisor at Saint Mary's University, performs a smudging ceremony on a Grand Council flag prior to a flag-raising ceremony in honour of Loretta Saunders on campus Monday. Saunders, who was murdered last month, was a student at the university and those who knew her are taking the death hard. Story, page 4. JEFF HARPER/METRO

# Michelin axing 500 workers at N.S. plant

**'People are in shock.'**  
News potentially devastating to Pictou County economy

Quoted

**"We'll continue and soldier on."**

Andy Thompson, deputy warden of the Municipality of Pictou County

Michelin Canada is phasing out production of small tires at its oldest Canadian factory, dealing a sharp blow to the economy of northern Nova Scotia.

The company said its decision, which will see about half of its 1,000 employees at its plant in Granton laid off, is a response to shift toward larger tires in the North American car-tire market combined with the limits of the facility.

"People are in shock," said Andy Thompson, the deputy warden of the Municipality of Pictou County. "You'll not replace those jobs that easily."

Grant Ferguson, president

of Michelin North America (Canada), said the company will offer transfers to employees who are willing to work at one of two other Michelin factories in Nova Scotia. Ferguson said he thinks 100 to 200 employees will decide to take that offer.

Michelin is also offering severance packages and early retirement for those who don't want to take jobs in the other communities, which are more than 200 kilometres away.

The company said market demand for the 14- to 16-inch tires produced at the Granton plant is diminishing and it's

not worthwhile to upgrade the 43-year-old operation.

Michelin said the layoffs will occur in two phases. By June 30, 200 employees will be laid off when a tire-manufacturing production line permanently closes. A year later, the remaining tire-production activity at the site will be reduced, affecting 300 more people.

The company said the plant will still be operational, including some high-performance car-tire production and tire-membrane production. It will also receive a \$10-million investment to improve its rubber-mixing facilities, Ferguson said.

He said Michelin will also set up a development fund to provide low-interest loans to employees who want to start their own companies.

THE CANADIAN PRESS

FOR MORE COVERAGE, SEE PAGE 3



## It won't be long before he'll be needing a pull cart.

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Charter rights

## Union plans legal challenge against home-care act

Nova Scotia's largest union says it will mount a court challenge against a new law aimed at preventing strikes in the home-care sector in the latest sign that a battle is brewing between labour groups and the province.

Joan Jessome, president of the Nova Scotia Government and General Employees Union, said Monday it will fight the Essential Home-Support Services Act, passed Saturday by the majority Liberal government.

The law was aimed at preventing a strike by about 420 home-care workers in the Halifax area. They returned to work Sunday after a brief two-day walkout.

Jessome said she is concerned the government is violating workers' rights to bargain collectively and unfairly targeting a specific group of workers.

She said the challenge under the Canadian Charter of Rights and Freedoms would be filed at a later date with the Nova Scotia Supreme Court.

A challenge of a similar law in Saskatchewan is before the Supreme Court of Canada and a decision is expected in May, she added.

"We'll wait to see what happens with Saskatchewan as we move forward with ours," she said.

The government says the law doesn't take away the right to strike but requires the sides in a dispute to determine who is an essential worker, and if an agreement can't be reached, the matter would be submitted to the Nova Scotia Labour Board for resolution.

Premier Stephen McNeil wasn't backing down Monday, nor did he deny the government is tightening its belt in the face of an anticipated \$481.7-million deficit for 2013-14. **THE CANADIAN PRESS**



Joan Jessome METRO



The Michelin location in Pictou County will shed around 500 jobs by June 2015. NEW GLASGOW NEWS

# 'I predict much prayer in my future': Worker

## Michelin job cuts. Shocked employees in Pictou County react to the announcement

Some found out at work. Others got a call at home. Still others who should have been sleeping from a backshift the night before were woken to hear the devastating news.

About 500 jobs are being cut at the Michelin plant in Granton, Pictou County, the company announced Monday. The first 200 will lose their

jobs in June 2014 and the remaining 300 will lose theirs in June 2015.

While many workers received a call from the company, David Gerrior said he ended up hearing the news from his wife.

"At least we have some time to pursue other opportunities before we are done," he said.

This is his third job loss as a result of workplace closure.

"We haven't starved to death yet, so somebody upstairs is definitely looking out for me and my family," he said.

"I predict much prayer in my future and many others in Pic-

### No trifling matter



"Jobs in Pictou County are important, and I am deeply concerned at this news." Peter MacKay, area MP

tou County."

Another employee, Anthony Feltmate, said he works in the unaffected Zed line but feels for those who are losing their jobs.

"I don't think anybody seen it coming," he said.

The alternatives of switching to other plants in Nova Scotia is good, but many would prefer not to move.

"This is home for a lot of people," he said.

Premier Stephen McNeil said he is pleased the company is offering options to the workers.

"It's my hope we can continue to work with them to find opportunities to expand that Granton plant again," he said.

NEW GLASGOW NEWS

WITH FILES FROM THE CANADIAN PRESS

# Teen and baby hit at intersection

A 17-year-old girl pushing a seven-month-old baby in a stroller was struck by a vehicle after police say she crossed against the light in a Halifax-area intersection on Monday night.

The collision happened

in a marked crosswalk at the intersection of Lacewood Drive and Willett Street in Clayton Park around 7:30 p.m.

Halifax Regional Police Sgt. Greg Robertson said the light was red at the intersec-

tion when the teen crossed, but luckily neither she nor the baby were seriously hurt.

"Both are at their respective hospitals with minor injuries," Robertson said.

"The vehicle had the right of way here." METRO

### Possible charges

Sgt. Greg Robertson said police continue to investigate and haven't ruled out charges against the 17-year-old.



## Pimping allegations. Halifax woman faces new underage prostitution charges

A Halifax woman charged with pimping a young girl and using her residence as a bawdy house faces multiple new prostitution charges after police say two more victims were found.

Florence Muriel Young, 36, was charged with 13 offences on Feb. 21 including counselling someone under 18 into prostitution, and hiding someone under 18 in a "bawdy house."

Halifax Regional Police spokesman Const. Pierre Bourdages said investigators have located two more victims in their mid-teens, and laid 18 more charges against Young on Monday.

"We're glad to see that we're able to bring these young girls out safely," Bourdages said.

Police found both girls following Young's arrest and the public attention around the case, he added.

The new charges include sexual exploitation of a young person, living off the avails of underage prostitution, counselling someone under 18 into prostitution, Internet luring, invitation to sexual touching and exercising control over an underage

### Quoted

"We do hope that by showing we have rescued three young girls ... this will help people give us the information we need to locate additional ones."

Halifax Regional Police spokesman Const. Pierre Bourdages

person.

Young appeared in court Monday and her case was set over until March 11 for a show-cause hearing, according to Chris Hansen of the Public Prosecution Service.

Hansen said Young will also appear in court on March 4 for a pre-trial conference on five charges of robbery, assault, uttering threats to cause death, and two counts of breach of probation.

Bourdages said police "just don't know" how many girls could be involved with underage prostitution in Halifax, whether connected to Young or not, but believe there are more victims out there. **HALEY RYAN/METRO**

## Canine rescue. Illusive dog safe after weaving through city traffic

A wayward pooch who was darting in and out of traffic this morning was taken safely into "custody," thanks to the efforts of a Halifax Regional Police officer and two concerned dog lovers.

A post on the Halifax Regional Police website states the officer — a self-professed dog lover — noticed the German shepherd mix wandering on Citadel Hill around 7 a.m.

The officer tried to catch up with the dog, who eluded his efforts and led him on a lengthy chase through the south end, running in and out of traffic along the way.

On Beaufort Avenue, a woman stopped her car and gave the officer some dog treats to try and lure the runaway closer. That didn't work, but the officer was able to start up a game of fetch using some sticks — though the dog darted away whenever the cop got too close.



The dog safely in police custody.  
COURTESY HALIFAX REGIONAL POLICE

The furry fugitive was finally undone when another concerned woman stopped and gave up the chicken from her own lunch. The officer was able to grab the dog and take him to animal services.

The dog, wearing a Cape Breton tartan collar with the company name "Whiskers to Wags" on it, was reunited with its owners just before the noon hour. **METRO**



Students unfurl a Grand Council flag at Saint Mary's University. Participants are wearing purple ribbons prior to a flag raising ceremony in honour of Loretta Saunders on Monday. **JEFF HARPER/METRO**

# 'She was really bright and really brave'

**Loretta Saunders.** Students at Saint Mary's University remember murdered Halifax woman

### Quoted

"I am so enraged that something like this had to happen to her."

Saint Mary's University student Alexia Lopez

**DESERIE MURPHY**  
halifax@metronews.ca

Natteal Battiste knew Loretta Saunders well.

As president of the Saint Mary's Aboriginal Society, the two would speak regularly about life and the 26-year-old's thesis on missing and murdered Aboriginal women.

"She was out to learn. She was like a sponge in that aspect," Battiste recalled. "She wanted to meet people and move forward with things that really mattered to her."

Saunders' bright future is now lost. The Saint Mary's University student was found dead on Feb. 26, with her body located off a New Brunswick highway.

Her former roommates, Blake Leggette and Victoria Hennebury, have been charged with first-degree murder in a case that began as a missing persons' case on Feb. 13.

On a cold Monday morning, Battiste and about 30 others gathered to watch a traditional Grand Council flag-raising ceremony at Saint Mary's McNally building.

The event commemorated all the missing or murdered aboriginal women in Canada, including Saunders.

"My whole life by growing up on a reserve I hear about things like this happening all the time. My mother's best friend went missing and the case was never solved," said Battiste.

Battiste performed a traditional smudging of the flag with smoke at the ceremony. Afterwards, a few women joined in an ancestral song as a drum was beat steadily, followed with a moment of silence.



Loretta Saunders  
FACEBOOK

Saint Mary's student Alexia Lopez came to Halifax from Mexico and was Saunders' classmate this past semester.

"She made me feel welcome here," Lopez said. "She would smile, she would say hi, when other people feigned blindness. She was really bright and really brave."

## Halifax man charged in sex assault case

### Over 30 other charges

McKay is also set to appear in court April 14 to be sentenced on 33 other charges, including drug possession, 16 counts of failure to comply with conditions, four counts of theft under \$5,000 and three counts of trespassing at night.

A Halifax man with a record containing dozens of offences has been charged with robbery and sexual assault after a young woman was attacked near Dalhousie University in late January.

Halifax Regional Police say a 20-year-old woman was walking on Edward Street around 9:45 p.m. on Jan. 30 when a man grabbed her and demanded she

hand over her wallet.

Police say he forcibly held onto her while making sexual comments and touching her inappropriately.

The woman fought the suspect and he fled empty-handed.

"She did not sustain any physical injuries but you can imagine that kind of incident is very traumatic," said police spokesman Const. Pierre Bour-

dages. "This lady did nothing wrong ... People have the right ... to be safe in their neighbourhoods."

Cory Anthony McKay, 32, of Halifax was arrested Friday and appeared in court Monday to face charges of robbery, sexual assault, overcoming resistance to commission of offence (choking), and six breaches of court orders. **HALEY RYAN/METRO**





## Construction ramping up at Irving Shipyard

Steel framework goes up on the waterfront at the Irving Shipyard as part of its expansion project on Monday. The additions are to meet demands for work coming from the national shipbuilding contract. JEFF HARPER/METRO

# 'Buy local' clause no good: Report

**City procurement guidelines.** Policy change could lead to 'considerable challenges'



RUTH DAVENPORT  
ruth.davenport@metronews.ca

A staff report coming to this week's regional council meeting advises against changing HRM's purchasing guidelines to consider "local benefit."

Coun. Tim Outhit asked for the report last October to specifically address the merits of changing HRM's procurement policy to score bid submissions for local benefit.

### By the numbers

**76%**

The report also notes 76 per cent of HRM's expenditures under the procurement policy in 2012-13 were in HRM. Another 11 per cent were in Canada with local distributors in HRM.

The report coming to council on Tuesday explains that HRM is currently governed by two trade agreements that prohibit discriminating against any vendor based on place of origin or location.

It goes on to cite other "considerable challenges" with scoring for local benefit or preference.

"Other jurisdictions could

adopt retaliatory practices (reciprocity) and hurt local vendors potentially impacting higher value exports," states the report. "Vendors may become disinterested or apathetic as there is a perceived disincentive to maximize money spent."

Coun. Lorelei Nicoll, who seconded Outhit's motion last October, said she's not surprised by the staff recommendation against a local benefit consideration.

"They say when it comes to local preference, a significant portion of their expenditure ... already contributes to the local economy, and they try to use a local lens as much as possible," she said. "They have that responsibility to the taxpayer to get the best value for money."

# HRM overhauling tax relief for non-profits

A municipal committee has approved the first step towards changing the way non-profit organizations get tax relief in HRM.

The grants committee received a report from finance staffers Monday asking for an agreement in principle to move away from the current hodgepodge of tax "schedules" in favour of new tax rates for eligible organizations.

"I don't think there's any question, we all agree, the program we have is broken," said committee member and District 1 Coun. Barry Dalrymple. "It started off broken from the beginning and has only gotten worse."

Fiscal and tax policy manager Bruce Fisher said the current system isn't fair, transparent or efficient to administer.

The alternative proposal would divide all non-profit organizations that own prop-

erty into two or three categories, each with its own tax rate.

A maximum and minimum threshold would be used to keep taxes in a reasonable range regardless of the size, type or location of the organization's property.

"We're thinking about how much they pay, not how much they get back," Fisher told the committee.

### Tax changes

**"If you meet the criteria, you're in. We don't exclude you in this new approach because we don't have enough in the budget."**

HRM Grants team lead Peta-Jane Temple

The thresholds and tax rates haven't been set. Grants team lead Peta-Jane Temple said staff is proceeding care-

fully with the "big and complex" redesign and working to get the principles in place before moving on to the details.

Currently, two categories are proposed — one for organizations that address housing and homelessness, and everyone else.

Dalrymple suggested a third category to cover alternate service providers such as legions, the Lions' Club and community halls.

"In many rural and suburban communities, those halls are the lifeblood of those communities," he said. "So I do think those kind of organizations deserve a little different tax relief than the local sports group."

Staff will return to the committee in April with more specific proposals for the categories and details on where the organizations that are currently taxed would fall.

RUTH DAVENPORT/METRO

# \$40K needed from city for '15 figure skating championships

Halifax regional councillors will debate a recommendation Tuesday to put \$40,000 towards the bid to host the 2015 Canadian Figure Skating Championships.

The Special Events Advisory Committee is recommending the contribution, conditional on Skate Canada Nova Scotia getting additional funding from the province.

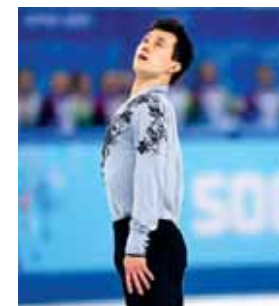
The money would be used to cover the hosting fee, and will only be paid out if HRM

is selected as the host city.

An economic assessment model provided by Events Nova Scotia suggests the net increase in economic activity across the province as a result of the six-day competition would be more than \$3.2 million.

The event also supports more than \$1.3 million in taxes, \$132,000 of which would be allocated to municipal governments in Nova Scotia.

RUTH DAVENPORT/METRO



Canadian figure skater Patrick Chan  
MATTHEW STOCKMAN/GETTY IMAGES FILE

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# No spring in our step just yet

## 'Below normal'

Old man winter not backing down as cold snap hits region

DESERIE  
MURPHY  
halifax@metronews.ca

It's cold outside in Halifax, and it's expected to stay that way for a while.

The municipality is going through a stretch of cold weather with temperatures expected to hit as low as -18 C on Monday night.

"This trend of below normal temperatures will likely continue for the short term into next week," said Environment Canada meteorologist Tracey Talbot. "By the end of next week we do see things warming up and become more seasonal."

The rest of the week looks like the weather will not reach above zero — including only -8 C on Tuesday — and it will be significantly colder during the overnight hours.

Environment Canada can't say when more seasonable weather does return whether it will last or more cold will follow before spring finally hits on March 20.

In the longer term there are

### Subzero nation (eh, B.C.?)

Temperatures across the country on Monday include:

- Vancouver: +8 C
- Calgary: -21 C
- Edmonton: -17 C
- Regina: -16 C
- Winnipeg: -18 C
- Toronto: -14 C
- Ottawa: -15 C
- Montreal: -13 C
- St. John's: -8 C

no trends indicating whether this spring will be warmer or colder than normal, said Talbot.

"We can't say in confidence the type of spring we'll have in store," she said. "I hope by then it will be warmer than right now."

We're not the only part of the country dealing with the bitter cold weather. In the prairie provinces, temperatures below -20 C are very much the norm.

In fact, only Vancouver is enjoying weather above zero degrees.



Old Man Winter just won't go away in Halifax, even with spring about two weeks away. JEFF HARPER/METRO

## Man, 40, in critical condition after falling out of fishing boat

A 40-year-old man was airlifted to a Halifax hospital in critical condition after he fell overboard from his fishing boat on Monday.

The RCMP and the Joint Rescue Coordination Centre responded to a call of a man in the water off the shores of Port Mouton, Queens Co. just after 8 a.m.

Police say the boat crew

### Investigation underway

Police say they are investigating the incident.

was able to get the man out of the water and to a wharf in Central Port Mouton, which is located about half-way between Liverpool and

Shelburne.

"When they were dumping gear, he may have got caught in one of the ropes," said Cpl. Victor Whalen of the Queens County detachment of the RCMP.

Whalen didn't know specifically how long the man was in the water, but estimated it was between 10 and 15 minutes.

He said CPR was done on the man after he came out.

"It's an unfortunate situation," he said.

A Canadian Forces Cormorant rescue helicopter flew the victim to Shearwater, and then paramedics drove him to the QE2 hospital, where he remains in critical condition.

PHILIP CROUCHER/METRO

## Yarmouth. Safety board looking into plane crash

The Transportation Safety Board is following up on an airplane crash that occurred in Yarmouth County on Sunday morning.

Unless there is a potential public safety issue identified — as opposed to it just being an isolated case — the board won't be producing a report on its finding.

"Really we only investigate selected occurrences and those are the ones where we see a safety potential," says Mike Cunningham, a

regional manager with the Transportation Safety Board.

On Sunday, local businessman and pilot Dave Arenburg had to conduct an emergency landing when his Piper Cub aircraft lost engine power.

Although he was close to the Yarmouth airport, he knew he wouldn't make it, so instead he aimed to land in a field he knew of in Arcadia.

He wasn't injured.

YARMOUTH VANGUARD

### Port Hawkesbury court

## Psychiatric assessment ordered in N.S. murder case

A Nova Scotia man charged with murdering his mother will undergo a psychiatric evaluation.

Merlin Demers-Ken-

nedy, 30, of Framboise, Richmond County, is charged with second-degree murder in connection with the death of Michelle Marie Demers-Kennedy. The 58-year-old woman was last seen alive May 2 and was reported missing May 12.

Despite extensive searches, the body has not been recovered.

The psychiatric assessment was ordered Monday after a brief provincial court appearance in Port Hawkesbury.

The evaluation will help determine whether the accused is fit to stand trial.

Demers-Kennedy is now scheduled to return to court April 2.

CAPE BRETON POST



Michelle Marie Demers-Kennedy  
CONTRIBUTED

### Antigonish County

## Several Nova Scotia churches broken into

Police in Nova Scotia are investigating several break and enters at churches in Antigonish County over the weekend.

Antigonish RCMP say a break and enter happened at St. Paul's Church in Havre

Boucher, where someone entered through the side door of the church and stole an unknown amount of money.

The other churches police say were targeted were in Port Hastings, where nothing was taken, and South Haven, where some cash was stolen.

The break and enters happened between late Saturday night and early Sunday morning. METRO



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# Egyptian cops get 10 years for death sparking uprising

A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

Rights groups, however, said the years-long wait before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official



Policeman Awad Suliman attends court from behind bars during the sentencing hearing of his retrial in the landmark case of the beating to death of 28-year-old Khaled Said, in the port city of Alexandria, Egypt, Monday. HEBA KHAMIS/THE ASSOCIATED PRESS

statements claiming he had choked on a packet of drugs he swallowed to hide it from the approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered.

THE ASSOCIATED PRESS

## The verdict

Lawyer Mohammed Zarie said the verdict was only possible after the fall of Mubarak's regime.

- He added that the long-delayed verdict reveals the faults in a system that protects officials.



Russian President Vladimir Putin, centre, Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, arrive to watch a military exercise near St. Petersburg on Monday.

MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

# Russia setting agenda in Ukraine

**'Dangerous escalation.'** U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russian troops said to be 16,000 strong tightened their stranglehold on Ukraine's Crimean Peninsula on Monday, openly defying the U.S. and the European Union and rattling world capitals and stock markets.

The West struggled to find a way to get Russia to back down, but with little

beyond already threatened diplomatic and economic sanctions, global markets fell sharply over the prospect of violent upheaval in the heart of Europe.

For its part, Moscow reiterated its price for ending the crisis: restoration of a deal reached with the opposition less than two weeks ago to form a national unity government in Kyiv that represents pro-Russian as well as Ukrainian interests, with new elections to be held by December.

Ukraine, meanwhile, accused Russia of piracy for blocking two of the besieged country's warships and ordering them to surrender or be seized.

The U.S. originally estimated that 6,000 Russian troops were dispatched to Crimea, but Ukraine's mission to the United Nations said Monday that 16,000 had been deployed. That stoked fears that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine.

U.S. Secretary of State John Kerry was headed to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit for Thursday. The Pentagon said it was suspending exercises and other activities with the Russian military.

THE ASSOCIATED PRESS

## Pompeii

### Wall of ancient shop collapses

A section of wall around an ancient shop in Pompeii is the latest casualty of rain in one of Italy's most popular archaeological sites.

THE ASSOCIATED PRESS

## Bible tracts

### North Korea deports Australian missionary

North Korea on Monday deported an Australian missionary detained for spreading Christianity in the country, saying he apologized for his

anti-state religious acts and requested forgiveness.

Authorities in North Korea had arrested John Short for secretly spreading Bible tracts near a Buddhist temple in Pyongyang on Feb. 16, the birthday of late leader Kim Jong-il. The report said that Short, 75, admitted he committed a crime.

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# Marijuana program 'compromised' by rapid growth: Fed

The unforeseen growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and often grow — marijuana under the federal program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including mould, fire, toxic chemicals and the threat of home invasion by criminals.

It says the number of licensed users could climb as

## Injunction requested

Several B.C. residents are asking the Federal Court of Canada for an injunction that would allow them to continue growing their own pot.

- They argue the planned new system would deny them a safe, affordable supply of the particular strain of marijuana that meets their medical needs.

high as 400,000, adding it is not possible for Health Canada to effectively inspect tens of thousands of production sites across the country.

The government also rejects legal arguments that denying people the right to produce their own pot

would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail.

In its submission, the government says the new system would allow people who currently grow their own pot to sell seeds to a licensed producer, making it possible for that producer to cultivate a patient's "preferred strain."

THE CANADIAN PRESS



## Lawyer suing Sun News host in \$100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurram Awan, who says Levant defamed him in a series of blog posts, is seeking \$100,000 in damages. Levant caused "tremendous" damage to Awan with posts labelling him a jihadist and a liar, the lawyer alleged Monday as his defamation lawsuit against the controversial Sun News Network personality went to trial.

PAWEŁ DWULITZ/THE CANADIAN PRESS

## 'Rape culture'

### Legal threats dropped against Ottawa student union leader

A student union leader at the University of Ottawa is no longer facing legal threats after going public about an online Facebook conversation in which she was the subject of sexually graphic banter.

But Anne-Marie Roy said she's had to grapple with backlash from some who suggest she may be magnifying what she has called a clear example of "rape culture."

"I'm not surprised this is the reaction they're having because rape culture has been so normalized that it's very subtle, it's hard to point out because it's something that we see on a regular basis," the 24-year-old said in an interview on Monday.

"I don't think I'm blowing this out of proportion."

Roy's story spread over the weekend, just a day before the University of Ottawa suspended its men's varsity hockey program over allegations several players were involved in a sexual assault in Thunder Bay, Ont.

THE CANADIAN PRESS

## Quebec

### Police confirm body found was that of former Liberal politician

Quebec provincial police say a woman found dead Saturday in the town of Matane is Nancy Charest, a former Liberal member of the national assembly.

The 54-year-old Charest was found near Highway 195, about 400 kilometres northeast of Quebec City.

Police say their investigation leads them to believe she was not the victim of foul play.

A coroner will perform an autopsy to confirm the exact cause of death.

Charest, who was not related to former Liberal premier Jean Charest, was a member of the legislature from 2003 to 2007 before being defeated by a Parti Quebecois candidate.

She also had two unsuccessful runs as a candidate for the federal Liberals, in 2008 and 2011.

THE CANADIAN PRESS

## Air ignorance. Passenger's sexist note sends veteran pilot's anger sky-high

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier.

Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to be seated aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so I can book another flight!"

Steacy didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no c\*\*\*s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."

"I just couldn't believe



A portion of a sexist note left aboard a Calgary flight has stirred criticism from the pilot targeted by the remarks.

FACEBOOK PHOTO

there are still people in this country that think like that," Steacy told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

"We take enormous pride in the professionalism, skills and expertise of our pilots and this note is very disappointing," spokesman Robert Palmer said in an emailed statement.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM EMILY JACKSON

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# Want to make thousands at home?

**Do your research first.** Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations



JESSICA SMITH CROSS  
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight loss and health products for more

than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues

bonuses and all-expenses paid vacations to certain distributors with high-performing downlines.

Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

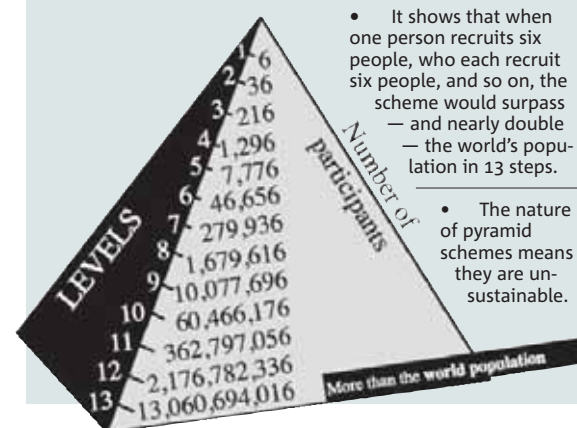
## More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.



## Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



## Hope vs. reality

### Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

#### Herbalife hope

- New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

#### Herbalife reality

- The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of \$102.75, the distributor's profit is just \$5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

#### Herbalife hope

- Selling Herbalife products at the suggested retail price is easy.

#### Herbalife reality

- There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

#### Herbalife hope

- Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying \$4,000 worth of product from Herbalife in one month or \$2,500 and \$2,500 in two consecutive months, and reselling it.

#### Herbalife reality

- Some Herbalife distributors become a



A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

"supervisor" by paying Herbalife \$4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

#### Herbalife hope

- Herbalife distributors have become wealthy by building up large "downline" organizations.

#### Herbalife reality

- Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than \$10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than \$1,000 from their "downlines."

#### Herbalife hope

- The people who don't make money just aren't trying hard enough.

#### Herbalife reality

- Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline"

which means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than \$1,000 in compensation in 2012.

#### Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard

in terms of its consumer-protection policies, including clear, accurate and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."





# Ball's back in Bill Gates' court as he regains title

## Spinning in his favour.

Billionaire philanthropist named world's richest person, with his net worth estimated at \$76B

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at \$76 billion US; Slim Helu follows at \$72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an average



Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffett came in fourth place. NATI HARNIK/THE ASSOCIATED PRESS FILE

net worth of \$4.7 billion US. That's up from 1,426 billionaires last year with a net worth of \$4.2 billion US. Total net worth of this

year's list was \$6.4 trillion US, up from \$5.4 trillion US last year.

The magazine said that 1,080 of the billionaires were

self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

THE ASSOCIATED PRESS



Whether it's actually a joke, cultural commentary or a serious business venture, BiteLabs has Twitter users licking their lips in anticipation. CONTRIBUTED

## Treating stars like a piece of artisanal meat

CRAIG GOODHEW  
Metro World News

How does Kanye West taste? It's a mystery that has cruelly eluded mankind. But BiteLabs is promising to provide answers for a range of celebrities, to create haute-couture meats through lab-developed tissue samples. A spokesperson for the organization told us more.

### What was your inspiration?

BiteLabs is a recently formed startup that is trying to get off the ground to provoke a dialogue around what we see as an emerging market space. We think this

is a fresh and still relatively untouched market and we're excited to be one of the first major commercial players in it.

### How are you deciding which celebrities — did you consider their flavour?

We've consulted with culinary experts about developing flavour profiles for our celebrities. The four celebrities on the website do not necessarily make our final selection. In fact, we're willing to take any celebrity as a candidate. We've asked that our audience simply tweet at the celebrity they are interested in with the hashtag #EatCelebrityMeat.

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### Unfair competition?

## Top U.S. court to look at who gets to whiten teeth

The U.S. Supreme Court will examine the North Carolina dental regulatory board's claim that only dentists

should be allowed to whiten teeth.

The justices on Monday agreed to hear the state's Board of Dental Examiners' challenge to a lower court ruling and an order by the Federal Trade Commission.

The FTC said the board engaged in unfair competition in the market for teeth-whitening services by shutting down businesses such as day spas and tanning booths that offered the service. The board sued the FTC in 2011, saying the agency overstepped its authority.

The federal appeals court in Richmond, Va., sided with the FTC.

THE ASSOCIATED PRESS

### Market Minute

**DOLLAR**  
90.22¢  
(-0.08¢)

Natural gas: \$4.50 US (-\$0.19)  
Dow Jones: 16,168.03 (-153.68)

↑ **TSX**  
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↑ **OIL**  
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↑ **GOLD**  
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# PROPER SPELLING IS SEXY

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Mates." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriot-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

ic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean

we should throw etiquette out the window when it comes to the written word.

In her book *Eats, Shoots & Leaves*, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of *The Canadian Press Stylebook*, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

## ZOOM

### A foxy way to predict weather



JUAN KARITA/THE ASSOCIATED PRESS

#### Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high

Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

#### Birds' nests foretell rain

### 1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

#### Climate change challenge

### "We knew it was going to rain a lot."

Francisco Condori  
Traditional meteorologist in Bolivia  
And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

#### Clickbait



**DYLAN ROBERTSON**  
Metro Online



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This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. (\$1.99, iOS)

#### Romantic Ideas:

This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo col-

lages and bedroom shenanigans. (free, iOS and Android)

#### BreakupText or Clean Break Up Texts:

If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: \$1.99, iOS; Clean Break Up Texts: free, Android)

#### Twitter



@Russell\_Barth: cannabis tincture

@YouAreMother: a union

@metropicks asked: Twitter will install 19th century log cabins at its headquarters. What 1800s relic do you want at work?

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## DVD review

**12 Years A Slave**

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

• • • • •

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history.

Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror.

The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender).

Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson).

Brad Pitt's appearance late in the story might be a disruption in a lesser movie. Here he serves as a reminder that nothing could distract us from the exemplary performances of Ejiofor, Fassbender and Nyong'o, or from a film that achieves greatness in its deft balancing of horror and hope.

Extras include several making-of featurettes.

PETER HOWELL



Need For Speed opens next Friday. CONTRIBUTED

# From meth to speed: Aaron Paul shifts gears

**Need For Speed.**

Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL

colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

**Quoted**

"My first car was an '82 Toyota Corolla. It was a manual, the second gear didn't work, I had to skip from the first to the third; any time it would rain the trunk would fill up with water. I took such good care of that car though. I loved it so much."

Aaron Paul on his introduction to the world of cars

"My first car was an '82 Toyota Corolla," says Paul.

"It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good care of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul.

"So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul.

He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of..."

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed.

"I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in

**Paul on video games**

- What was it like speaking at E3? "Terrifying," says Paul. "Standing in front of thousands of people, in front of gamers, it was fun, I mean, it was great, but I was terrified, let's be honest."

- On the Need for Speed games. "I definitely had played the game," he says, "I didn't realize they had made 15 of them, and I didn't realize how successful they were. And I knew there was no narrative, so this film was kind of working with a blank canvas."

his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time."

"I live in Los Angeles, the whole thing [driving] is fundamentally ridiculous."

But all those muscle cars and leather jackets must have had some effect on her. "I've got heaps of balls, as a result of Need for Speed," she laughs.



# Rappers out of tune with black icons



In this 1998 file photo, Chuck D from the rap group Public Enemy speaks to Columbia University students in New York. Jermaine Hall, editor-in-chief of Vibe, the hip-hop magazine and website, says, "In the 1980s, whether it was KRS-One, Public Enemy, or the Native Tongues, that entire movement, it was very in tune with black history. They knew everything about Malcolm, about Martin, about Rosa Parks. Now, the new rappers just aren't as in tune." THE ASSOCIATED PRESS FILE

## Disrespect. Musicians' plundering of civil rights legacy creates uproar

Malcolm X and rap music have always fit together like a needle in the groove, connected by struggle, strength and defiance. But three recent episodes involving the use or misuse of Malcolm and other black icons have raised the question: Has rap lost touch with black history?

Chart-topping rap artist Nicki Minaj provoked widespread outrage with an Instagram post featuring one of black history's most poignant images: Malcolm X peering out the window of his home, rifle in hand, trying to defend his wife and children from firebombs while under surveillance by federal agents. Superimposed on the photo: The title of Minaj's new song, which denigrates certain black men and repeats the N-word 42 times.

That came after Minaj's mentor Lil Wayne recorded a verse last year using the civil rights martyr Emmett Till in a sexual metaphor, and the hip-hop mogul Russell Simmons posted a Harriet Tubman "sex tape" video on his comedy channel.

What is happening to mainstream rap music, which was launched by Simmons and is now ruled by the likes of Minaj and Wayne?

"I don't want to say today's rappers are not educated about black history, but they don't seem as aware as rap generations before them," said Jermaine Hall, editor-in-chief of Vibe, the hip-hop magazine and website.

While previous generations had to struggle with the racism and neglect of the 1970s or the crack epidemic of the 1980s, Hall said, to-

day's young people have not faced the same type of racial struggle — "They're sort of getting further and further away from the civil rights movement."

"In the '80s, whether it was KRS-One, Public Enemy, or the Native Tongues, that entire movement, it was very in tune with black history," Hall said. "They knew everything about Malcolm, about Martin, about Rosa Parks. Now, the new rappers just aren't as in tune."

Indeed, Minaj issued a statement expressing disbelief at the uproar and apologizing to Malcolm's family "if the meaning of the photo was misconstrued." Wayne wrote to the Till family to "acknowledge your hurt, as well as the letter you sent to me via your attorneys." Simmons was the only one to say, "I am sincerely sorry."

The apologies did not change much for Pierre Benna, a filmmaker and artist who said Malcolm X's life was dedicated to advocating for the humanity of black people, while Minaj's song was simply dehumanizing.

The episode inspired him to post a mash-up video laying Minaj's song over the infamous 1941 Walter Lantz cartoon *Scrub Me Mama With a Boogie Beat*, which depicts a town of lazy black people hypnotized by a seductive washerwoman.

Paradise Gray, who performed in the 1980s with the Afrocentric rap group X Clan, said, "Mainstream rap music has lost its reverence for anything besides money."

Today's rappers threaten to kill people who disrespect them, "but they sit back and let you disrespect our legacy, our culture, our history," he said.

"What," Gray asked, "will the disrespect of your humanity and your blackness cost you?" THE ASSOCIATED PRESS

## Early days of hip-hop

### Malcolm X 'an emcee'

Hip-hop began in the early 1970s as an alternative to gang activity. Before the music was recorded, founding fathers

like DJ Afrika Bambaataa would play Malcolm X's voice over instrumental break beats.

Hip-hop historian Davey D attended many early rap concerts at Harlem's Audubon Ballroom, where Malcolm was assassinated. As the music

gained steam, X was constantly honoured on wax. KRS-One duplicated Malcolm's gun-in-the-window pose on the cover of his 1988 classic album, *By Any Means Necessary*. In 1991, Tupac rhymed on *Words of Wisdom*: "No Malcolm X in

my history text, why is that?/ Cause he tried to educate and liberate all blacks."

Malcolm's voice and image appeared on so many records and videos, "many would remark that he was an emcee," Davey wrote.

## THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

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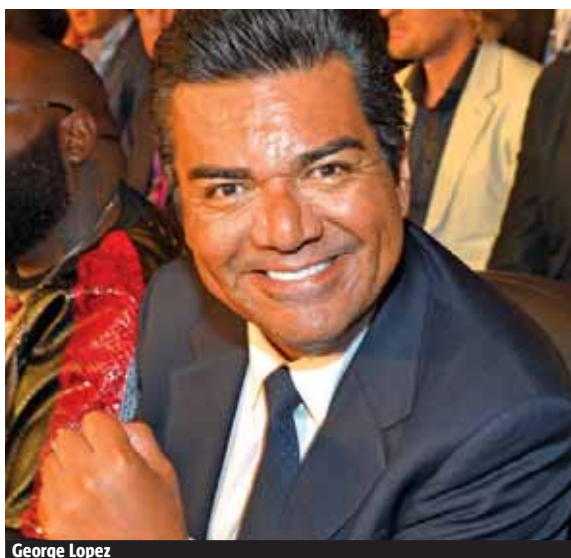
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## A lethargic Lopez tries his luck on a casino carpet



George Lopez

George Lopez was arrested for public intoxication after passing out on the floor of the Caesars Windsor Casino in Windsor, Ont., last week, according to Entertainment Tonight. On the bright side, though, at least the comedian and sitcom star can

laugh it off. "Tied one on last night. Not feeling great this morning," he said in a statement the following day. "I was trying to sleep it off. Unfortunately, it was on the casino floor." Lopez was reportedly released without being charged.



Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

## And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's *Out of the Furnace* — for defamation by members of

the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

"Out of the Furnace" characterizes the Ramapo Mountain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.

## Candied Claudia: So which model made a million for one meal?

Claudia Schiffer cannot be bought, apparently. The supermodel was once offered \$1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## 30 Seconds 'til I figure this situation out

MELINDA TAUB

Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them

in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in *Dallas Buyers Club*, announced last night to *E!*'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.

## S'more Domestic Medium Hair

Handsome 2-year-old S'more is named for his black & white patterning. Although he is an independent kitty, when the right individual comes along he can be affectionate, cuddly and loves to have his face & head scratched. S'more loves being outdoors, something the shelter rarely recommends; however, he's so used to it now. He does like coming home from his daily adventures to a warm house and loving owners. He needs the right person to give him a home; we hope that person is you. **S'MORES ADOPTION FEE IS WAIVED AND HE IS CURRENTLY IN A FOSTER HOME.**



For more information on S'more and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# Because I'm happy...



Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of *The Illustrated Happiness Trap*. ISTOCK

**Q&A.** While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE  
EMIL KRISTIANSEN  
Metro News in New York City

Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of *The Illustrated Happiness Trap*, which has illustrations by Bev Aisbett. We talked to Harris about the

enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

## Can you try to describe what happiness is?

Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anx-

iety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

## How is this book different from all the other books about happiness?

Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness,

which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

## Is it normal to have self-doubt on the road to happiness?

Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious

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While Minnesota Vikings star Adrian Peterson doesn't workout alongside you in this four-week training course, he does use video effectively to demonstrate exercises for building up speed and strength.



thoughts and feelings flow through you, without getting caught up in them or swept away by them.

# 3 LIFE

TOP  
**SIX@6**

Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Ellie Goulding Bum
- 5 Pharrell Williams Happy
- 4 A Great Big World ft Christina Aguilera Say Something
- 3 Pitbull ft Ke\$ha Timber
- 2 Jason Derulo Talk Dirty
- 1 Lorde Team

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# ARM YOURSELF WITH COLD, FLU WEAPONS

## DON'T LET NATURE'S GERMS DEFEAT YOU

Cold and flu viruses are some of the most widespread and adaptable pathogens nature can throw at us. It's impossible to avoid them completely, but you can arm your household with the tools you need to succeed in nature's "germ warfare."

- **Sanitize hot spots:** Cold and flu viruses are more frequently transmitted from non-porous surfaces, such as plastic, finished wood, and metal. Once a day, use an antibacterial wipe to disinfect the frequently touched hard surfaces around your home, including faucet handles, doorknobs, phones, countertops, keyboards, and remote controls.

- **Keep hands clean:** Because hand-to-hand and hand-to-surface contact are two of the most common ways to spread viruses, frequent hand washing is essential. Also consider getting bottles of hand sanitizer for places far from sinks,

such as the car, garage, basement, and high-contact places away from home, like work or the gym.

- **Separate the rations:** Avoid serving foods communally. Pour snacks into individual containers rather than letting everyone reach into the bag.

- **Issue tissues:** Sneezing spreads germs quickly. Give your family members tissues to carry with them, and stash boxes or travel packs in key places, like the kitchen, bathrooms, bedrooms, glove boxes, backpacks, and purses. For extra care, check out Puffs Plus® with the Scent of Vicks® non-medicated facial tissue.

- **Be faster about first aid:** Cold and flu viruses and germs usually enter the body through the nose, mouth, or eyes, but cuts or abrasions also can be an entryway. Treat them with antiseptic, and apply a fresh bandage quickly.



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# From North Carolina, with love: Seared Scallops with Ragout

## Health Solutions

### I see your protein and raise you three scallops



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat

scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**THERESA ALBERT**  
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

It is quick and simple and the side dish of squash and bacon can be made days in advance and kept for that gastronomic weeknight meal you crave but don't normally have time for.

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15

## Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives



This recipe serves six. COURTESY THERESA ALBERT

minutes until just fork tender but with a little bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt

## FLASH FOOD



From your fridge to your table in 30 minutes or less

and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels

to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# No party needed for this cocktail

1. Fill a large (6- to 8-quart) stockpot halfway with water,

then add 2 tablespoons of salt. Bring to a boil. Add the lemons,

## Ingredients

- Kosher salt
- 2 lemons, quartered
- 2 lbs jumbo shell-on raw shrimp, thawed if frozen

## For the sauce:

- 1/2 cup ketchup
- 1/2 cup chili sauce
- Zest and juice of 1 small lemon

- Juice of 1/2 small lime
- 1 heaping tbsp white horseradish
- 1 tsp pureed chipotle peppers in adobo
- 2 tbsp (1 oz) vodka
- 1 tbsp Worcestershire sauce
- Pinch garlic salt
- Celery salt, for serving

then return the water to a boil. Add the shrimp, turn off the heat and cover the pot. Leave the shrimp in the water for 2 to 4 minutes, or until cooked through, pink and curled. The larger the shrimp, the longer they will take to cook.

2. Use a slotted spoon to transfer the shrimp to a large bowl. Add enough cold water to cover the shrimp, then stir to cool them. When the shrimp are cool, peel and devein them, then pat them dry

and transfer to a platter or plate. Refrigerate until ready to serve.

3. To make the sauce, in a medium non-reactive bowl, mix together the ketchup, chili sauce, lemon juice and zest, lime juice, horseradish, pureed chipotle, vodka, Worcestershire and garlic salt. Taste and adjust seasonings.

4. Sprinkle celery salt around the rim of a serving dish. Transfer the cocktail sauce to a serv-



This Shrimp Cocktail with Bloody Mary Sauce recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

ing bowl and place in the centre of the serving dish. Arrange

the chilled shrimp around the edges. **THE ASSOCIATED PRESS**



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## OPEN DOORS WITH UNIVERSITÉ SAINTE-ANNE

Being able to speak French will not only add to your professional skills and resumé in Canada, but also help open up the rest of the country to you.

“Having French next to any other language will open up numerous doors to new opportunities,” says Neda Ghaferi, French language training adviser at Université Sainte-Anne.

Université Sainte-Anne is the only French-language post-secondary institution in Nova Scotia and offers both full-

and part-time French language training, taught by some of the most experienced teachers in the region.

The part-time day and evening program is offered every season of the year, with each of the 17 different levels offered each day.

“We create programs considering students busy schedules, and that is why we offer similar courses four times per day, five days per week and require no extra out-of-classroom work,” Ghaferi

says. “So having a busy schedule could no longer be an excuse of not wanting to learn a new language that could benefit the long-term personal and professional goals.”

For students looking to fully emerge themselves in a French-only environment, Université Sainte-Anne offers a full-time intensive program (up to six levels) as well.

For more information about these programs, call 902-424-1164, or visit [usaintanne.ca/clts](http://usaintanne.ca/clts).

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Not having the required courses or grades to apply to university shouldn't hinder your pursuit of a post-secondary education.

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“Our courses prepare students to be successful in university,” says Janice Stevens, program administrator, division of

continuing education, Saint Mary's University. “They are developed in collaboration with university faculty to ensure the curriculum is on par with what one can expect during their first year of study.”

These courses are based on high school curriculum, take place in the evenings on SMU campus and run four times a year. Courses are offered in English, math, pre-calculus, physics, chemistry, and biology.

SMU provides small class sizes and a supportive learning environment to

students while giving them exposure to university life.

“We want to let people know that if they are interested in filling gaps in their education SMU is here to help,” Stevens says.

Attend a March 20 information from noon to 1 p.m. to learn more about SMU's division of continuing education's university prep programming and flexible learning options.

For more, visit [conted.smu.ca](http://conted.smu.ca).



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NBL Canada

## Rainmen to play Mill Rats in first round of playoffs

The Halifax Rainmen had a regular season to forget, but can turn their fortunes around now that the playoffs are here.

The Rainmen are facing the division-leading Saint John Mill Rats in a best-of-five series that kicks off on Tuesday night at Harbour Station.

Halifax finished with the second-worst record in the nine-team league at 11-29, while Saint John was third overall at 23-17.

"We understand the fight we are in for, but in order to be the best you have to beat the best," Andre Levingston, the Rainmen's president and CEO, said in a release. "The Mill Rats have played at a high level all season, and we don't expect that to change now."

Game 2 of the series goes Thursday in Saint John, before returning to Halifax for Game 3 on Friday night at the Metro Centre.

If there is a Game 4, it will go Sunday in Halifax at 2 p.m., with a Game 5 scheduled for March 15 in Saint John. **METRO**

NBA

## LeBron's 61 points broils Bobcats

Best player. Best game of his career.

LeBron James clearly isn't ready to concede his



LeBron James

THE ASSOCIATED PRESS

MVP award to anyone yet.

Dazzling from inside and out, James put on the

best scoring show of his NBA life on Monday night, pouring in 61 points — a career high and a franchise record — as the Miami Heat beat the Charlotte Bobcats 124-107. It was the eighth straight win for the two-time defending champions, who are starting to roll as the playoffs near.

James made 22 of 33 shots from the field, including his first eight three-point attempts, on the way to his historic night.

His career best had been 56 points.

THE ASSOCIATED PRESS



## Murphy looking to skip off lonely winless island

Nova Scotia skip Jamie Murphy calls the sweep against Saskatchewan at the Brier in Kamloops, B.C., on Monday. Murphy, who plays out of the Lakeshore Curling Club in Lower Sackville, lost 5-3 to Saskatchewan in afternoon action to stand as the lone winless team at 0-4. Murphy was also playing in the late draw Monday against Northern Ontario. **ADAM VAUGHAN/THE CANADIAN PRESS**

# Jackets defence drapes over Leafs

## NHL. Maple Leafs drop third straight coming out of Olympic Games

A short mid-game lapse was the difference between victory and defeat for the Toronto Maple Leafs on Monday night.

Columbus defenceman Dalton Prout and centre Artem Anisimov scored less than three minutes apart in the second period as the visiting Blue Jackets held off the Leafs for a 2-1 victory.

"We had a mediocre second period and it cost us the game," said Leafs defenceman Cody Franson. "We got away from our game plan, we tried to get cute with the puck and turned it over too many times. And when you play a team that has that kind of transitional ability, that's not what you want to do."

The Leafs carried the play for the majority of the first



Blue Jackets goalie Sergei Bobrovsky watches as teammate James Wisniewski clears the puck from Maple Leafs Tyler Bozak and Carl Gunnarsson on Monday night in Toronto. **CHRIS YOUNG/THE CANADIAN PRESS**

period and skated with desperation in the third, but ultimately couldn't break through the Blue Jackets' defence.

When the Leafs were able to apply some pressure, Sergei Bobrovsky was more than equal to the task. The Columbus goalie made 28 saves and stood especially tall when Toronto pushed for the tying goal in the final minutes of the

game.

"Their goalie made some really big saves in the third period and we missed some opportunities that we usually score on," said Leafs winger Joffrey Lupul. "We had some good chances, they just didn't go in."

It's the Leafs' third consecutive defeat since the Winter Olympics in Sochi. Toronto dropped overtime games on

### Around the league

**Wild 3, Flames 2.** Jared Spurgeon's power-play goal in the third period helped Minnesota notch its season-high fifth straight win.

**Stars 3, Sabres 2.** Alex Chiasson broke a third-period tie with his first goal in 13 games, and Lindy Ruff earned his 600th NHL coaching win over his former team.

the road to the New York Islanders on Thursday and Montreal Saturday.

The Leafs hold one of the East's two wild-card positions, but have a number of teams nipping at their heels.

The loss against Columbus ended a seven-game home winning streak for Toronto, the Leafs' longest at Air Canada Centre since a nine-game run in 2006-07.

THE CANADIAN PRESS



## Soccer

## Manager facing ban for head-butt

Newcastle manager Alan Pardew is facing a long stadium ban after being charged Monday by the English Football Association with improper conduct for head-butting opposing player David Meyler of Hull during Saturday's match.

Pardew has until Thursday to respond to the charge. **THE ASSOCIATED PRESS**

## NHL

## Preds' Rinne poised for return

Nashville Predators goaltender Pekka Rinne is expected to start Tuesday against the Pittsburgh Penguins in his return from a hip injury that has limited him to only nine games this season.

Rinne has been recovering from an E. coli infection in his surgically repaired left hip. **THE ASSOCIATED PRESS**

## MLB. Blue Jays become video-review guinea pigs

The first review under Major League Baseball's expanded replay system has taken place and after a further look that took 2.5 minutes, the call stood. Toronto manager John Gibbons used his challenge to ask umpires to review a play in the sixth inning of Monday's 12-2 loss to Minnesota.

Chris Rahl of the Twins was called safe at first base when shortstop Munenori Kawasaki's throw pulled Jared Goedert off the bag. After a wait of two minutes and 34 seconds, first-base umpire Fieldin Culbreth spread his arms in the safe sign. **THE ASSOCIATED PRESS**



Toronto manager John Gibbons  
THE CANADIAN PRESS

## NBA. Even Iverson can't inspire free-falling Sixers

Allen Iverson raised his No. 3 to the rafters and had Sixers fans raising the roof.

The crowd was electric — then the Sixers pulled the plug.

By the fourth quarter, most of the 20,856 fans fled the Wells Fargo Center, the memories of Iverson's homecoming trumping the idea of sticking around to watch the home team limp toward another loss. The few that remained only cheered when the Sixers scored 100 points, netting them some free fast food.

Coach Brett Brown loved Saturday's atmosphere that was pulled straight from 2001.

"You think, 'What can happen if we ever get this right?'" he said.

Can they?

The Sixers (15-45) have been every bit as bad as their preseason billing, and have lost 14 straight games following back-to-back defeats last weekend to Washington and Orlando. They've lost 12 straight at home and are free



The Philadelphia 76ers raise Allen Iverson's No. 3 jersey to the rafters.  
MATT SLOCUM/THE ASSOCIATED PRESS

falling their way toward catching Milwaukee (11-47) for the worst record in the NBA. They had allowed 100-plus points in 13 straight games before Sunday, their longest single-season streak since 1989.

Iverson, one of the 76ers' all-time greats, has tuned out the Sixers as if they were a coach talking about practice.

"It's hard for me to watch Sixers basketball games," Iverson said, "so I don't."

**THE ASSOCIATED PRESS**



Members of Canada's Team 3 react after a crash during the four-man bobsled heats at the Sochi Olympics on Feb. 22. JULIAN FINNEY/GETTY IMAGES

## Overcoming the post-Sochi blues

**Olympics.** Taking a timeout appears to be best form of medicine

## The thrill is gone

"You work four years for one event and then it's suddenly over."

Alpine snowboarder Caroline Calve describes the feeling of letdown in the days following the Olympics.

Heading into the Olympics, every single day of an athlete's life is structured.

Then — medal or no medal — that comes to an instant end once they step off the ice or get to the bottom of the hill of their Olympic event.

That makes the weeks and months right after the Games a challenging time for many athletes left with uncertain futures and free time on their hands.

"There's always talk about this post-Olympic lull or depression," said bobsledder Cody Sorensen of Ottawa, who just competed in the Sochi 2014 Games.

"For me, it's been the opposite."

He hasn't seen the inside of a gym since the Olympics and his eating and sleeping habits are way off, too.

"It's so liberating," said the 27-year-old from Ottawa.

"I haven't gotten more than four or five hours of sleep a night in the last week but I'm not stressing about it," he said.

Olympic ice dance and team event silver medalists, Tessa Virtue and Scott Moir have also been enjoying a break since the Games.

"That was a pretty good

training session," Moir said Monday, after a 20-minute skate at the Harbourfront Centre in Toronto with elementary school kids in an RBC skate program.

"You get a bit addicted to being in shape and already it feels a bit weird," Moir said. "In the next week we'll be getting back."

The London, Ont., duo are skipping this month's world championships in Japan, in part, to be able to celebrate their silver medals.

"We don't want to miss the

opportunities to be part of that bigger Olympic spectrum that goes on past Feb. 22 and into March and April," said Moir.

Alpine snowboarder Caroline Calve of Aylmer, Que., watched Monday's skating from the sidelines with Sorensen, joking that it would be "too dangerous" for the children to have her on the ice.

Calve, who came down with a cold just before leaving for the Olympics, wasn't able to get the podium finish she was looking for in Sochi.

"It's kind of nice to see big smiles on everybody's faces," she said referring to the kids. "It kind of reminds you why you were doing sport in the first place, it wasn't necessarily to win medals, it was to have fun in your life."

**TORSTAR NEWS SERVICE**



Toronto's Patrick Chan GETTY IMAGES

## Chan out of figure skating worlds

Toronto's Patrick Chan is giving the world championships a miss, but he isn't finished with competitive figure skating just yet.

Chan captured two silver medals at last month's Sochi Winter Games — men's singles and the inaugural team event. But he doesn't have

the urge to resume training to defend his world title when the event is held in Saitama, Japan, later this month.

"Honestly, I know in my heart I want to win another world championship . . . I really don't feel like this is the end," Chan said during a conference call. "(After Sochi) I

asked myself if I could see myself training at the immediate moment, like right now could I go into training like I did before the Games?"

However, the 23-year-old said he's committed to chasing a fourth world championship at some point.

**THE CANADIAN PRESS**



## Horoscopes

### Aries

March 21 - April 20

Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

### Taurus

April 21 - May 21

You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

### Gemini

May 22 - June 21

The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

### Cancer

June 22 - July 23

You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

### Leo

July 24 - Aug. 23

Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

### Virgo

Aug. 24 - Sept. 23

Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

### Libra

Sept. 24 - Oct. 23

Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

### Scorpio

Oct. 24 - Nov. 22

Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

### Sagittarius

Nov. 23 - Dec. 21

The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

### Capricorn

Dec. 22 - Jan. 20

You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

### Aquarius

Jan. 21 - Feb. 19

You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

### Pisces

Feb. 20 - March 20

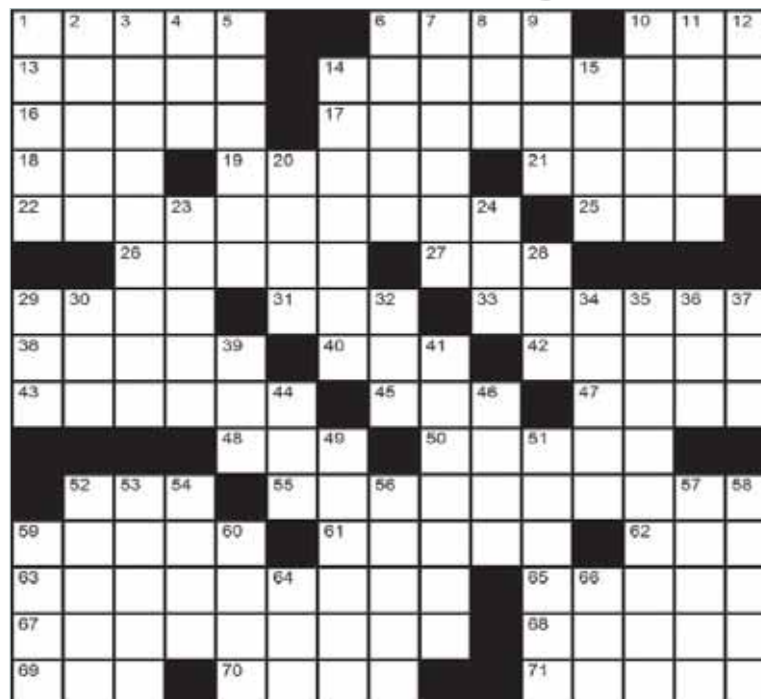
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Desert transport
- Historic Canadian Louis
- "Swamp Pawn" channel
- "Star Trek" role
- New Orleans carnival: 2 wds.
- Cow's 'first stomach'
- Nightclub service: 2 wds.
- Furniture wood
- Launch
- Friends, olden-days style
- Legendary singer/songwriter/pianist: 2 wds.
- Joe \_\_\_ (Canadian who is the Creative Director of ELLE Magazine)
- New Zealand people
- Meas. from a circle's centre
- Old Testament son
- PM or Pres., e.g. Chmerkovskiy
- Like green-covered stones
- Conclusion
- Hawk type
- Maintenance
- Meet
- Microsoft's search engine
- ABBA song
- Will, fancy-style
- HBC part



- 1987 Sci-Fi movie spoof
- Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snowflake' in Inuktitut
- Showbiz kid Ms. Willis
- Mr. Wallace
- Constellation; or,

- Gene Roddenberry created TV series
- Pointed arch
- April Wine song: 2 wds.
- Canadian musician Mr. Zappacosta
- Rapper, \_\_\_ Rida
- Auction actions
- Bible-sounding verb

### Down

- Doctor
- Song from 1961 Elvis movie "Blue Hawaii": "Rock-\_- Baby"
- Treasure of ancient Egypt: 2 wds.
- Bard's 'before'
- Welcome cry from a ship's crow'snest!:

- 2 wds.
- French painter Mr. Dufy (b.1877 - d.1953)
- More angry
- Summer hrs. indicator
- Defeat
- Greek island
- Papier-\_\_\_
- Frowning-upon sound effects

- Country music's Martina
- Robert \_\_\_, PEI Premier
- Peer
- Reason
- "Cheers" bartender
- Lightly apply
- Three-lettered bird
- Drench
- Medical pros
- Samuel Taylor Coleridge poem, \_\_\_ Khan
- Bowl of apples painting, for instance: 2 wds.
- Canadian broadcaster Marci
- "I'm a \_\_\_: half man, half dog. I'm my own best friend." — John Candy in #55-Across
- Not no
- Vintage Sony CD-player
- Neg. opposite
- Yoredom's 'you'
- Banquet
- Overseas
- Commonplace
- "Then...?": 2 wds.
- Portable dwelling of Mongolia
- Luxury cars
- Mr. Strauss' pants
- Sugary
- Sailing spar sort
- Hoda \_\_\_ (NBC daytime chat personality)
- Ath.'s injury scan
- \_\_\_ Worm (Toy)

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

9	3	6	5	4	7	8	2	1
1	7	5	3	8	2	9	4	6
2	4	8	1	9	6	5	7	3
4	8	7	6	3	1	2	5	9
5	8	1	2	7	9	3	8	4
3	9	2	4	5	6	1	6	7
6	1	4	9	2	5	7	3	8
8	5	3	7	1	4	6	9	2
7	2	9	8	6	3	4	1	5

			7					
2				4	5			3
	4	6		2		8	5	1
	3					1	2	
			1		9			
	7	8					9	
8	5	9		3		4	6	
	2		4	8				5
					7			

Today



-8°/-16°  
Partly cloudy

Wednesday



-7°/-14°  
Variable

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Rondo EX Luxury shown<sup>Δ</sup>

### THE ALL-NEW 2014 RONDO

hwy / city 100km<sup>Δ</sup>  
6.2L/9.4L

**NEW! LOWER CASH  
PURCHASE PRICE**

STARTING FROM  
**\$18,639<sup>∞</sup>**  
6-SPEED MANUAL

Offer includes delivery, destination, PPSA, fees and **\$5,000 IN CASH SAVINGS<sup>Δ</sup>**. Offer based on 2014 Rondo LX MT (RN551E) with a purchase price of **\$23,639**.

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ASSOCIATION OF CANADA  
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**\$750**  
AWD UPGRADE CREDIT



Sorento SX shown<sup>Δ</sup>

### THE NEW 2014 SORENTO

hwy / city 100km<sup>Δ</sup>  
7.1L/10.4L

#### THROWBACK PRICING

WAS  
~~\$157~~

**\$122<sup>∞</sup>** **\$0 DOWN.**  
BI-WEEKLY for the  
first 15 MONTHS.  
6-SPEED AUTOMATIC

**0%**  
financing

Includes Variable Throwback Pricing Incentive. \$122 bi-weekly payments include \$1,120 Throwback Pricing Incentive. Payments are based on 2014 Sorento 2.4L LX AT FWD (SR75BE). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$157. Principal balance of \$8,154 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.\*

✓  BLUETOOTH<sup>®</sup> CONNECTIVITY |  SATELLITE RADIO |  WINDSHIELD WIPER DE-ICER

**\$750**  
AWD UPGRADE CREDIT



Sportage SX Luxury shown<sup>Δ</sup>

### THE NEW 2014 SPORTAGE

hwy / city 100km<sup>Δ</sup>  
7.0L/10.0L

#### THROWBACK PRICING

WAS  
~~\$144~~

**\$97<sup>∞</sup>** **\$0 DOWN.**  
BI-WEEKLY for the  
first 15 MONTHS.  
6-SPEED MANUAL

**1.49%**  
financing

Includes Variable Throwback Pricing Incentive. \$97 bi-weekly payments include \$1,504 Throwback Pricing Incentive. Payments are based on 2014 Sportage LX MT FWD (SP551E), financing for 84 months. After 15 months, bi-weekly payments increase to \$144. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.\*

**OFFER ENDS MARCH 31<sup>ST</sup>**



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The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by March 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. \*Cash purchase price for the new 2014 Rondo LX MT (RN551E) is \$18,639 and includes a cash savings of \$5,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. \*\*\$5,000 cash savings on the cash purchase of an eligible new 2014 Rondo LX MT (RN551E) from a participating dealer between March 1-31, 2014, is deducted from the selling price before taxes and cannot be combined with special lease/finance offers. Some conditions apply. \*Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. Financing for 84 months example: 2014 Sportage LX MT FWD (SP551E) with a purchase price of \$24,839 (including \$1,665 freight/PDI) financed at 1.49% for 84-month period with \$0 down payment equals 32 reduced bi-weekly payments of \$97 followed by 150 bi-weekly payments of \$144. Cost of borrowing is \$1,324.98 and total obligation is \$26,164. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Sportage LX MT FWD (SP551E) shown is \$1,504 (a \$47 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/84 Amortization Financing example: 2014 Sorento 2.4L LX AT FWD (SR75BE) with a purchase price of \$28,539 (including \$1,665 freight/PDI) financed at 0% for 60 months amortized over an 84-month period with \$0 down payment equals 32 reduced bi-weekly payments of \$122 followed by 98 bi-weekly payments of \$157 with a principal balance of \$8,154 plus applicable taxes due after 60 months. Cost of borrowing is \$0 and total obligation is \$28,539. Throwback Pricing incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing incentive for the 2014 Sorento 2.4L LX AT FWD (SR75BE) shown is \$1,120 (a \$35 reduction in 32 bi-weekly payments). Limited time offer. Offer excludes applicable taxes. See retailer for complete details. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim. See dealer for complete details. \*Offer available on the retail purchase/lease of 2013/2014 Sportage and 2014 Sorento AWD models from participating retailers between March 1-31, 2014. \$750 Credit will be deducted from the negotiated purchase/lease price before taxes. See your dealer for complete details. Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. The Bluetooth<sup>®</sup> wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. \*Model shown Manufacturer Suggested Retail Price for 2014 Sorento SX V6 AWD (SR75YE)/2014 Rondo EX Luxury (RN756E)/2014 Sportage SX AT Luxury AWD (SP759E) is \$40,595/\$32,195/\$38,295. \*Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (M71)/2014 Rondo 2.0L GDI 4-cyl (M71)/2014 Sportage 2.4L 4-cyl (A71). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.